

Exercise 1: What Makes a Good Supporter?

Situation 1:

Janet has to find a new doctor, but she doesn't know how to make decisions about who would be a good doctor.

She asks her brother, **David**, for help.

David goes over to Janet's home and asks her questions about what kind of doctor she wants.

What kinds of questions should he ask?

David listens to Janet's answers and helps her figure out what kind of doctor she wants to have. Then he helps her look for doctors. He goes on the computer with her to search for doctors in her neighborhood. He asks people if they have recommendations.

David explains to Janet that some doctors do not take her insurance, or that certain doctors specialize in certain things – for example, she should not see a neurologist for a skin problem. This is because a neurologist focuses on the brain and nervous system.

He helps her figure out which of the things she wants in a doctor are most important to her. Together, they make a list of doctors that Janet might prefer.

Janet picks one of the doctors and calls them with David. David asks the doctor's office if they accept Janet's medical insurance. Janet decides to make an appointment, and she brings David with her. Janet decides that she really likes this doctor and she wants him to be her doctor.

Situation 2:

Susan has to find a new doctor, and like Janet, she doesn't know how to make decisions about which doctor to see.

She asks her brother, **Michael**, for help.

Michael knows what insurance Susan has, so he does research online and finds a doctor in Susan's neighborhood whom she can see. He calls the doctor's office and makes an appointment for her. Susan would prefer to see a female doctor but ends up seeing this doctor, who is a male.

Questions:

1. What are some of the differences between these two situations?
2. What did the first brother, David, do that was right?
3. Did the type of support they received affect the end result?
4. Who do you think might feel a greater sense of self-determination – Janet or Susan?